

BJA Junior Grading Programme

12th MON - 13th MON



Fundamental Skills



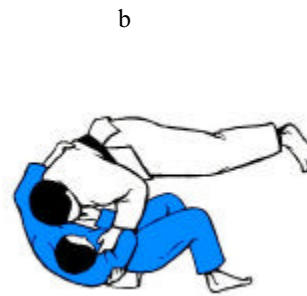
1. Koshi-guruma



2. Tani-otoshi



3. Yoko-guruma



4. Ude-garami

Performance Skills

1. Free practice – Randori
2. Knowledge of selected Kaeshi-waza combinations



3. Ude-garami from Kuzure-kesa-gatame



4. Kumi-Kata skills against right handed opponents

Player's Choice: demonstrate four favourite techniques

Terminology: to know the common English translation and meaning of Japanese terminology used in this section